

CERTIFICATE OF  
**COMPLETION**

AT RUN FEST CENTRAL COAST 2023

NAME: **EMILY QUICK**

RACE COMPLETED: **Chop 'n Chill 5km Family Fun Run**

OFFICIAL TIME: **00:29:58** RACE PLACING: **22**

NET TIME: **00:29:55**

GENDER: **F** GENDER PLACING: **7**

AGE CATEGORY: **F00-12** AGE CATEGORY PLACING: **2**

**RUNFEST**  
**CENTRAL COAST**  
**SUNDAY 26 NOVEMBER 2023**

SPONSORED BY  
**MINGARA**  
**one**